

A2: FACTORS AFFECTING GROWTH AND DEVELOPMENT

	Physical effects on growth and development	Intellectual effects on growth and development	Emotional effects on growth and development	Social effects on growth and development
Inherited conditions	<ul style="list-style-type: none"> • Sickle cell disease: pain, fatigue, fever, jaundice, organ damage • Cystic fibrosis: respiratory infections, difficulty breathing, digestive issues • Muscular dystrophy: progressive muscle weakness, difficulty with movement and co-ordination, respiratory and cardiac issues • Marfan syndrome: long limbs and fingers, heart and blood vessel problems, scoliosis • Huntington's disease: involuntary movements, difficulty with speech and swallowing 	<ul style="list-style-type: none"> • Individuals with these conditions may miss work or education due to medical care and appointments and this can impact on their learning and intellectual development • Huntington's disease: leads to gradual cognitive decline affecting speech, memory, poor impulse control and problems focusing on tasks 	<ul style="list-style-type: none"> • Health issues caused by these conditions may lead to individuals experiencing frustration or sadness due to the limitations imposed by their condition • Individuals may develop depression and anxiety 	<ul style="list-style-type: none"> • Individuals with long-term health problems may face stigma or discrimination due to their condition • Symptoms may impact on individuals' social lives due to limitations on physical activities • Individuals may experience isolation or loss of social connections • Inherited conditions may impact on family dynamics and relationships due to the daily strain of coping with symptoms and regular treatments
Experience of illness and disease Physical ill health	<ul style="list-style-type: none"> • Physical symptoms: such as pain, fatigue and mobility problems can be experienced • Cardiovascular disease: chest pain or discomfort, shortness of breath, fatigue, dizziness, heart palpitations, swelling in the legs or feet • Obesity: weight gain, increased body fat, difficulty with physical activity, joint pain, high blood pressure, diabetes • Type 2 diabetes: increased thirst and urination, fatigue, blurred vision, slow-healing of cuts or sores, numbness or tingling in the hands or feet 	<ul style="list-style-type: none"> • Illness may cause individuals to miss work or education due to medical care and appointments and this could impact on their learning and intellectual development 	<ul style="list-style-type: none"> • Health issues caused by these conditions may lead to individuals experiencing frustration or sadness due to the limitations imposed by their condition • Individuals may develop depression and anxiety 	<ul style="list-style-type: none"> • Individuals with long-term illnesses may face stigma or discrimination due to their condition • Symptoms may impact on individuals' social lives due to limitations on physical activities • Individuals may experience isolation or loss of social connections • Illness and disease may impact on family dynamics and relationships due to the daily strain of coping with symptoms and regular treatments
Experience of illness and disease Mental ill health	<ul style="list-style-type: none"> • Mental ill health and poor emotional wellbeing can cause physical symptoms such as changes in appetite, sleep disturbance and tiredness • Stress and anxiety can weaken the immune system, leading to regular episodes of physical ill health • Children with secure attachments will engage more in physical activities with others, which can promote physical development and growth. Those with insecure attachments may not develop as rapidly 	<ul style="list-style-type: none"> • Individuals with poor emotional wellbeing may have difficulty with concentration or memory • Mental ill health can lead to poor motivation to learn, and this may affect intellectual development negatively • Positive relationships can enhance cognitive development through stimulating conversations, discussions, and exchanges of ideas with others, which can promote intellectual growth and development 	<ul style="list-style-type: none"> • Mental ill health and the emotional effects of negative life events can lead to symptoms which include feelings of anxiety, low mood and irritability • Feeling secure can help with emotional regulation and increase self-awareness, increasing empathy and understanding, which can promote emotional growth and development • Emotional resilience and good coping skills can help individuals navigate challenges and setbacks with confidence 	<ul style="list-style-type: none"> • Individuals with mental ill health may face stigma or discrimination due to their condition • Individuals may experience isolation or loss of social connections • Poor emotional wellbeing can affect relationships negatively, causing arguments and misunderstandings between individuals • Happiness and security can lead to individuals being more confident and motivated to build further friendships and relationships

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Complete the table by listing effects of these factors on PIES growth and development

	Physical effects on growth and development	Intellectual effects on growth and development	Emotional effects on growth and development	Social effects on growth and development
Inherited conditions Sickle cell disease: Cystic fibrosis: Muscular dystrophy: Marfan syndrome: Huntington's disease:				
Experience of illness & disease Physical ill health Physical symptoms: Cardiovascular disease: Obesity: Type 2 diabetes:				
Experience of illness & disease Mental ill health				

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	Physical effects on growth and development	Intellectual effects on growth and development	Emotional effects on growth and development	Social effects on growth and development
Disabilities	<ul style="list-style-type: none"> Individuals with disabilities may experience continued pain and physical discomfort Lack of mobility may prevent physical activity, which could lead to weight gain, obesity and reduced muscle strength There may be challenges with self-care and other day-to-day tasks leading to increased physical dependence on other people Children with disabilities may experience delay of gross and fine motor development 	<ul style="list-style-type: none"> At school and work, individuals with disabilities may have difficulty with specific tasks or activities leading to a reduced ability to engage with educational activities, without support or adaptation Communication and speech may be affected by some disabilities 	<ul style="list-style-type: none"> Health and social issues caused by disabilities may lead to individuals experiencing feelings of frustration or sadness due to the limitations imposed by their condition/society Individuals may develop depression and anxiety Disability may lead to low self-esteem and a negative self-image 	<ul style="list-style-type: none"> Individuals with disabilities may face stigma or discrimination based on their disability Some disabilities limit opportunities for social interaction which can lead to isolation and less opportunities to build relationships or form friendships
Sensory impairments	<ul style="list-style-type: none"> Examples: vision impaired, hearing impaired Sensory impairments may increase the risk of accidents or injuries There may be challenges with self-care and other day-to-day tasks leading to increased physical dependence on other people 	<ul style="list-style-type: none"> Difficulties with language or communication skills can lead to delayed cognitive or intellectual development Without support or adaptation, sensory impairments can affect the person's opportunities to engage in educational activities 	<ul style="list-style-type: none"> Health and social issues caused by sensory impairments may lead to individuals experiencing feelings of frustration or sadness due to the limitations imposed by their condition/society Individuals may develop depression and anxiety Sensory impairments may lead to low self-esteem and a negative self-image 	<ul style="list-style-type: none"> Individuals with sensory impairments may face stigma or discrimination Some sensory impairments may limit opportunities for social interaction which can lead to isolation and less opportunities to build relationships or form friendships
Lifestyle factors: Diet and nutrition	<ul style="list-style-type: none"> Diet and nutrition affect height, weight and overall physical development which can be positive or negative depending on whether an individual has a balanced or unhealthy diet Poor nutritional choices can lead to malnutrition or obesity, which can then lead to a range of illnesses and conditions, such as heart disease, kidney problems and diabetes 	<ul style="list-style-type: none"> Poor nutrition can lead to difficulties with concentration or memory. This can mean that individuals may experience poor motivation to learn, and this may affect their intellectual development negatively 	<ul style="list-style-type: none"> Nutrient deficiencies or excesses may result in emotional instability or mood swings Eating disorders, such as anorexia nervosa are classed as mental health disorders and can also have extreme effects on growth and development 	<ul style="list-style-type: none"> Issues with eating can affect social interactions positively and negatively within families and communities due to mealtime traditions and communal eating
Lifestyle factors: Physical activity	<ul style="list-style-type: none"> Regular physical activity promotes healthy physical growth and development including development of gross and fine motor skills in children and the maintenance of strength, stamina and suppleness in adults Lack of exercise can lead to poor physical fitness and obesity, which can lead to health-related illnesses and problems with mobility 	<ul style="list-style-type: none"> Regular exercise and physical activity can increase the level of oxygen in the brain and aid concentration, improving cognitive functions and motivation 	<ul style="list-style-type: none"> Physical activity has been shown to increase the release of endorphins in the brain. These are chemicals which can improve our mood and help with stress and anxiety 	<ul style="list-style-type: none"> Participation in physical activities and sports facilitates social interactions, teamwork, and social skills development Lack of physical activity can lead to social isolation and can affect self-concept negatively
Lifestyle factors: Smoking, alcohol and substance misuse	<ul style="list-style-type: none"> Smoking can lead to a range of physical illness such as cancer, lung disease and heart disease. It can also affect the health of smokers' skin and teeth Alcohol can also lead to physical conditions such as heart disease, liver disease and stroke Addiction and overdose can arise from drug use Both alcohol and drug use can increase the chance of accident or injury 	<ul style="list-style-type: none"> Smoking can affect concentration at work and school when individuals begin to crave nicotine and are unable to satisfy those cravings Alcohol and substance abuse can negatively affect cognitive functions like attention and memory, decision-making skills, and have a negative impact on academic performance 	<ul style="list-style-type: none"> Alcohol can affect mood and can lead to depression Substance abuse can result in emotional instability and increased risk of long-term mental health disorders 	<ul style="list-style-type: none"> Smoking, alcohol use and substance misuse can all put a strain on relationships, lead to social isolation, and affect social functioning Other problems may arise as a result of risky behaviours which individuals engage in when consuming alcohol or drugs

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Sensory impairments				
Lifestyle factors: Diet and nutrition				
Lifestyle factors: Physical activity				
Lifestyle factors: Smoking, alcohol and substance misuse				

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Social factors	<ul style="list-style-type: none"> Childhood neglect could lead to malnutrition or poor hygiene. There may also be an increased risk of injuries and accidents, due to a lack of parental supervision Bullying can cause physical injuries such as bruises, cuts and broken bones Negative treatment by others can also cause a range of physical symptoms including inability to sleep, fatigue and headaches Stress and anxiety can affect the immune system and may lead to frequent illnesses 	<ul style="list-style-type: none"> Bullying at school or in the workplace can lead to an inability to concentrate affecting work and having a negative impact on academic performance Discrimination can lead to reduced access to education and employment opportunities for some people Supportive relationships can provide the security for people to explore further education or occupational opportunities 	<ul style="list-style-type: none"> An individual's self-esteem and self-image are affected significantly by the way they are treated by others Unsupportive relationships, bullying and discrimination can increase the risk of mental ill health Supportive relationships can reduce the risk of mental health problems 	<ul style="list-style-type: none"> People who have been exposed to unsupportive relationships may have difficulty forming and maintaining relationships. This may also lead to reduced social skills and confidence Bullying can lead to social isolation due to the individual withdrawing from others Discrimination can lead to social exclusion and marginalisation as opportunities for social interaction and community involvement are reduced. This can, in turn, impact on social identity and cultural belonging
Cultural factors	<ul style="list-style-type: none"> Cultural differences in diet could affect growth and development, also making individuals from some cultures more prone to illnesses affected by diet, such as nutritional deficiencies or diets high in fat causing diabetes and heart disease Some beliefs and practices may impact on access to healthcare and affect lifestyle, which can affect physical growth and development 	<ul style="list-style-type: none"> Cultural differences can affect language skills and literacy, and therefore educational attainment Differences in knowledge and understanding of cultural history, heritage and traditions can affect an individual's view of the world and their understanding of the world around them 	<ul style="list-style-type: none"> An individual's culture can affect their self-concept. It can affect their identity, self-esteem and self-image both positively and negatively Sometimes when people experience a culture clash between the culture that they are living in and that of their family, it can cause anxiety and stress, affecting their emotional wellbeing negatively 	<ul style="list-style-type: none"> Cultural differences can affect social interactions, including the ability to communicate and connect with others from different cultural backgrounds Differing beliefs about family structures, gender roles, values and social norms can affect relationships
Environmental factors	<ul style="list-style-type: none"> A safe and healthy environment for physical activity is essential for physical growth and development Exposure to air pollution can have adverse effects on physical health causing and worsening lung conditions including asthma, as well as cardiovascular conditions such as stroke Noise and light pollution can impact on sleeping patterns 	<ul style="list-style-type: none"> A stimulating and supportive environment promotes cognitive development Environmental toxins and hazards can negatively impact cognitive functions and academic performance 	<ul style="list-style-type: none"> An unhealthy environment can result in emotional distress and mental health problems Noise and overcrowding have been shown to negatively affect stress and anxiety significantly 	<ul style="list-style-type: none"> The environment can influence social interactions and participation both positively and negatively The threat of exposure to environmental hazards, including crime and disorder can impact on opportunities for social engagement
Economic factors	<ul style="list-style-type: none"> Poverty can lead to poor nutrition which can lead to malnutrition, obesity and illnesses in adults and delayed growth and development in children Poor living conditions can increase the risk of illness and injury Stress and anxiety about money can affect the immune system and may lead to frequent illnesses 	<ul style="list-style-type: none"> Children and young people from deprived backgrounds can be affected by limited access to education and learning opportunities and materials, such as lack of access to books and internet Adults can experience reduced career development opportunities if funding for courses is unavailable, affecting skill development and limiting career prospects Older adults may find opportunities for new hobbies and lifelong learning reduced by lack of funds 	<ul style="list-style-type: none"> Low socio economic status can cause low self-esteem and poor self-image especially during the teenage years. High socioeconomic status by contrast can affect self-concept positively Anxiety and depression can be caused by worrying about paying bills and maintaining housing conditions to a good standard 	<ul style="list-style-type: none"> Poverty can cause strained relationship with family and friends. Arguments can often arise over lack of money Social isolation, reduced social networks, limited opportunities for socialising with others can occur due to the cost High socioeconomic status can lead to plentiful opportunities for networking and socialising

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Social factors				
Cultural factors				
Environmental factors				
Economic factors				

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Apply it:

The impact of economic factors on growth and development in adolescence

Khalid is a 15-year-old schoolboy living in a small, rundown flat in a deprived neighbourhood. His family struggle to make ends meet as both his parents are out of work.

Physically, Khalid faces numerous challenges due to poverty. The lack of proper nutrition due to his parent's reliance on cheap, ready meals and foodbanks may affect his overall health, making him prone to frequent illnesses. He will suffer the after-effects of poor nutrition on his height, brain development, bones and teeth for years to come. The flat is damp and this may worsen his asthma, affecting his ability to participate in sports, impacting on his strength and stamina negatively.

Khalid wants to do well at school, but he often goes to school hungry. This affects his **intellectual** health as it often makes it difficult to concentrate in lessons and will ultimately impact on his achievement at school. He also often fails to complete homework due to not having access to the internet at home.

Emotionally, Khalid often feels anxious about his family's financial situation. He often feels embarrassed and ashamed about his shabby appearance and lack of material possessions, which has led to low self-esteem and a sense of inadequacy.

Socially, Khalid cannot afford to participate in extracurricular activities or attend social events, which makes him feel left out and isolated from his peers and has impacted on his ability to form close friendships with his peers.

Later in life, Khalid may realise that poverty has shaped him into a resilient and compassionate individual. It could teach him the value of education, hard work and perseverance.

Apply it:

The impact of economic factors on growth and development in adulthood

Martin lost his job due to redundancy when he turned 30. The sudden loss left him in a state of shock and his world came crashing down. Martin's journey into poverty had a profound impact on him.

Physically, the stress of losing his job and facing financial uncertainty has taken a toll on Martin's health. He can no longer afford his gym membership or healthy food and he often skips meals to save money. The lack of proper nutrition and physical exercise has resulted in weight gain and declining health.

He is finding it difficult to find a new job in his field and he has had to settle for a low-paying job to make ends meet. **Intellectually**, the lack of mental stimulation is affecting his cognitive development. Martin's once vibrant and ambitious mind has become filled with worries about financial stability and survival, preventing his ability to focus on personal and professional development.

Emotionally, redundancy is affecting his mental health. He struggles with feelings of shame, embarrassment and failure. He faces constant stress and anxiety about meeting his basic needs. He has become depressed as he struggles to come to terms with his changed circumstances.

Socially, Martin's change in financial status has had a significant impact on his social life. He can no longer afford the social activities he used to enjoy, such as dining out or going to events with friends. The difference in income has created a sense of distance between him and his friends, and Martin feels left out and isolated.

Later in life, Martin will learn to budget and manage his expenses carefully, seeking out opportunities for learning new skills and personal development, even on a limited budget. Martin may realise the importance of his mental health and seek to improve his emotional wellbeing. He may also discover new hobbies that could replace his previous social life and allow him to connect with others who share similar interests.

Apply it:

Comparing the impact of economic factors in adolescence and adulthood

Physical growth and development: Adolescents growing up in poverty may face long-term health consequences due to inadequate nutrition, lack of access to healthcare and exposure to environmental risks. They may experience malnutrition, chronic health conditions and developmental delays. On the other hand, a 30-year-old who becomes poor due to redundancy may have had better access to nutrition and healthcare during childhood, which could reduce the impact of their poverty on their physical development.

Intellectual development: Adolescents in poverty may face educational challenges due to limited access to educational resources and exposure to stressors that can affect cognitive development. This may result in lower academic achievement causing a barrier to higher education or vocational opportunities. In contrast, a 30-year-old who becomes poor after redundancy may have had better educational opportunities earlier in life, which could mitigate the impact on their intellectual health.

Emotional development: Both adolescents and 30-year-olds who experience poverty may face emotional challenges. However, adolescents may face a higher risk of mental health issues, such as depression, anxiety and low self-esteem, due to the stressors associated with poverty during a critical period of emotional development. In contrast, a 30-year-old who becomes poor due to redundancy may face different emotional challenges, such as dealing with the loss of employment, financial stress and the impact on their self-identity and self-worth.

Social development: Adolescents growing up in poverty may face social challenges, such as social exclusion, stigma and limited social networks, which can impact their social skills, relationships and overall wellbeing. On the other hand, a 30-year-old who becomes poor after redundancy may have established social networks and support systems, although they may face challenges in maintaining those relationships due to financial strain and changes in their social status.

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Apply it:

Write three paragraphs on: **The impact of economic factors on growth and development in adolescence**

Khalid is a 15-year-old schoolboy living in a small, rundown flat in a deprived neighbourhood. His family struggle to make ends meet as both his parents are out of work.

Apply it:

Write three paragraphs on: **The impact of economic factors on growth and development in adulthood**

Martin lost his job due to redundancy when he turned 30. The sudden loss left him in a state of shock and his world came crashing down. Martin's journey into poverty had a profound impact on him.

Apply it:

Write three paragraphs to: **Compare the impact of economic factors in adolescence and adulthood**